

**SHUTTLE MENU STS-128**  
**(Stow By Person)**

**PAT FORRESTER, MS-1 (BLUE)**

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Meal	Days 1* & 6	Day 11♦	Days 2, 7 & 12	Days 3, 8 & 13	Days 4, 9 & 14	Days 5, 10 & 15**
<b>A</b>	Dried Apricots (IM) Strawberries (R) Cornflakes (R) Granola Bar (NF) Chocolate Breakfast Drink (B) Grapefruit Drink (B) Kona Coffee, Black (B)	Strawberries (FF) Cornflakes (FF) Granola Bar (FF) Chocolate Breakfast Drink (FF) Grapefruit Drink (FF) Kona Coffee, Black (FF)	Dried Peaches (IM) Fruit Cocktail (I) Granola Bar (NF) Trail Mix (IM) Sausage Pattie (R) Orange-Grapefruit Drink (B) Kona Coffee, Black (B)	Peaches (I) Blueberry-Raspberry Yogurt (I) Granola Bar (NF) Vanilla Breakfast Drink (B) Orange Juice (B) Sausage Pattie (R) Kona Coffee, Black (B)	Dried Peaches (IM) Cornflakes (R) Granola Bar (NF) Chocolate Breakfast Drink (B) Grapefruit Drink (B) Sausage Pattie (R) Kona Coffee, Black (B)	Dried Apricots (IM) Breakfast Sausage Links (I) Blueberry-Raspberry Yogurt (I) Granola Bar (NF) Granola w/ Raisins (R) Orange-Grapefruit Drink (B) Kona Coffee, Black (B)
<b>B</b>	Crunchy Peanut Butter (FF) Grape Jelly (I) Tortilla (FF) x2 Pineapple (I) Cashews (NF) Butter Cookies (NF) Grape Drink (B)	<b>NO MEAL</b>	Vegetarian Vegetable Soup (I) Dried Beef (IM) Crackers (NF) x2 Peaches (I) Almonds (NF) Brownie (NF) Tea w/ Lemon & Sugar (B)	Tuna Salad Spread (I) Meatloaf (I) Tortilla (FF) x2 Pears (I) Trail Mix (IM) Shortbread Cookies (NF) Lemonade (B)	Crunchy Peanut Butter (FF) Grape Jelly (I) Tortilla (FF) x2 Pineapple (I) Cashews (NF) Butter Cookies (NF) Grape Drink (B)	Vegetarian Vegetable Soup (I) Dried Beef (IM) Tuna Salad Spread (I) Crackers (NF) x2 Peaches (I) Almonds (NF) Brownie (NF) Tea w/ Lemon & Sugar (B)
<b>C</b>	BBQ Beef Brisket (I) Mashed Potatoes (R) Corn (R) Applesauce (I) Shortbread Cookies (NF) Tea w/ Lemon & Sugar (B)	BBQ Beef Brisket (FF) Mashed Potatoes (FF) Corn (FF) Applesauce (FF) Shortbread Cookies (FF) Tea w/ Lemon & Sugar (FF)	Smoked Turkey (I) Brown Rice (I) Candied Yams (I) Strawberries (R) Granola Bar (NF) Tea w/ Lemon & Sugar (B)  <b>EVA Snack (Day 7 only)</b> Clif Bar, Black Cherry Almond (NF) Clif Bar, Cranberry Apple Cherry (NF)	Beef Steak (I) Mashed Potatoes (R) Corn (R) Fruit Cocktail (I) Brownie (NF) Tea w/ Lemon & Sugar (B)	Meatloaf (I) x2 Brown Rice (I) Candied Yams (I) Strawberries (R) Trail Mix (IM) Tea w/ Lemon & Sugar (B)	Grilled Pork Chop (I) Mashed Potatoes (R) Applesauce (I) Pears (I) Butter Cookies (NF) Tea w/ Lemon & Sugar (B)

♦ Day 11 will be stowed in the fresh food locker

\*Day 1 consists of Meal C

\*\*Day 15 consists of Meals A & B

(B) - Beverage, (FF)- Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (I) - Thermostabilized

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